

Music and Rhythm Lesson Plan Sample

Early School Years (Kindergarten – Grade 2)

Lesson Title	Exploring Rhythm with Body Percussion
Grade Level	Kindergarten – Grade 2
Duration	30 minutes
Objective	Children will identify, imitate, and create simple rhythmic patterns using body percussion and classroom instruments.

Materials

- Open space for movement
- Classroom rhythm instruments (e.g., tambourines, maracas, hand drums – optional)
- Recorded or teacher-clapped rhythms

Lesson Steps

- 1. Warm-up (5 minutes):**
 - Gather students in a circle.
 - Do simple stretches and ask children to tap their knees to a steady beat, counting aloud to 8.
- 2. Introduction to Rhythm (5 minutes):**
 - Explain what rhythm is: “Rhythm is a pattern of sounds and silence.”
 - Clap a simple rhythm; have students echo it.
- 3. Body Percussion Activity (10 minutes):**
 - Teach students basic body percussion: clap hands, pat knees, stomp feet, snap fingers.
 - Lead call-and-response patterns (e.g., teacher claps, students repeat).
 - Encourage students to create their own short patterns for the group to echo.
- 4. Instrument Exploration (5 minutes):**
 - Pass out rhythm instruments if available.
 - Allow students time to experiment making different sounds and rhythms.
- 5. Cool Down and Reflection (5 minutes):**
 - Sit in a circle and discuss: “What was your favorite way to make rhythm?”
 - End with a quiet rhythmic chant together.

Assessment

- Observe students’ participation in echoing and creating rhythmic patterns.
- Listen as students perform rhythms individually or in small groups.

Extension Ideas

- Try creating rhythms using classroom objects (e.g., pencils, books).
- Integrate a favorite song and have students clap or tap along.